

## Healthy Mouth + Healthy Body = Healthy Pregnancy

Your mouth is part of your body. A healthy mouth with no germs will help you have a healthy baby. **You may be able to get dental care during your pregnancy through Medicaid.**

If you are Medicaid-eligible and have any of the following problems, please call your **doctor** that you are currently seeing for your pregnancy.

- ◆ Bleeding, swollen gums
- ◆ Loose teeth
- ◆ Problems chewing or swallowing
- ◆ Pain in your teeth or gums
- ◆ Bad breath that does not go away with brushing and flossing
- ◆ Spaces between your teeth that were not there before
- ◆ Teeth that appear longer than normal

Please let your **doctor** know if you have any of the problems listed above. Your doctor can refer you for dental care.

*A service for pregnant women provided by  
the Department of Health and Hospitals  
Medicaid Program.*

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## Healthy Habits for Good Dental Health

1. Brush with a soft toothbrush at least twice a day
2. Floss every day
3. Avoid sugary drinks and snacks
4. Eat plenty of fruits and vegetables
5. Rinse with water after eating if you can't brush
6. Visit your dentist regularly



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**ORAL HEALTH PROGRAM**  
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[www.Medicaid.DHH.Louisiana.gov](http://www.Medicaid.DHH.Louisiana.gov)

For more information call  
**1-800-251-BABY**

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